

Saucy Skillet Mushrooms

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Servings: 4

*4 slices bacon, chopped
1 tablespoon olive oil
1 pound large button mushrooms
(1-1/2 to 2 inches in diameter),
stems removed
2 tablespoons stone-ground mustard
2 tablespoons snipped flat-leaf parsley*

In a large heavy skillet, cook the bacon over medium heat until crisp. Using a slotted spoon, remove the bacon and drain on paper towels, reserving the drippings in the skillet.

Add the oil to the reserved drippings. Add the mushrooms. Cook and stir over medium heat for 1 to 2 minutes or just until the mushrooms begin to brown. Cook, covered, for about 8 minutes or until tender, stirring occasionally. Stir in the mustard. Heat through.

To serve, sprinkle with crumbled bacon and parsley.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 66 Calories; 6g Fat (88.2% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 5mg Cholesterol; 101mg Sodium. Exchanges: 1/2 Lean Meat; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	66	Vitamin B6 (mg):	trace
% Calories from Fat:	88.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	0.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	trace
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refused:	0.0%

Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	101mg
Potassium (mg):	31mg
Calcium (mg):	1mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 66 Calories from Fat: 58

% Daily Values*

Total Fat 6g	10%
Saturated Fat 2g	8%
Cholesterol 5mg	2%
Sodium 101mg	4%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein 2g	

Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.